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LCN CHAPTER
KOLKATA WEST BENGAL, INDIA



Both Nikate and Shri Khaitan have a long-time interest in esoteric sciences. During their travels in India and abroad they always found time to visit people and places, allowing them to expand their knowledge about these sciences.

Reading is a passion and visiting book stores in search of another great read and more knowledge is a driving force. It was during one such visit in 1994 that the couple discovered Bob Monroe's Journey's *Out of The Body*.

Fifteen years later in 2010, Nikate finally made his way to The Monroe Institute to attend the introductory Gateway Voyage program. Shri followed to attend the same program in 2012. They also attended and completed the Facilitator Training Program in the same year.

Nikate has also attended Guidelines (2011) and MC2 (2012).

The couple has been profoundly influenced by the programs and the HemiSync® technology; to share their experiences with others they founded a nonprofit organization, Awareness Foundation. Programs offered include book clubs, meditation sessions, the TMI Excursion workshop as well as other related workshops.

Awareness Foundation started its Facebook page on 17th September 2011 with the following objective.

> *Awareness an exploration of expanded states of consciousness. A place where sharing without being judged is important. Being with likeminded people, trying*

new ways to expand our beingness, all in a state of universal love is the purpose of this space. The freedom to Be, to Share, to Let Go!! Moment to Moment...

The Awareness Foundation, became a part of the of the TMI Local Chapter Network in July 2012 and now has the following weekly sessions of book readings and meditation in Kolkata, West Bengal India.

Awareness Foundation has all the Cd's available in the Monroe Product Catalog, so a wide variety of tracks are available for use. The sessions are all kept very simple with only tea being served. The Mediation were conducted with Meta music in the beginning only recently have guided meditation started being used and the participates are really enjoying them.

Since their certification on attending the FTP program in 2012 they have conducted 15 Excursion workshops touching the cities of Kolkata (Eastern India & home base), Ajmer (western India), Delhi & Kanpur (Central India) & Bangalore (Southern India). The idea being to hold at least 2 Workshops a month going forward along with launching the Advanced Excursion programs Personal, Healing and Inner Development.

Since their nomination as the Regional Coordinator for North and East India, they plan to have Local Chapters all over the country with one already active in the city of Kanpur. They meet every Wednesday at 4pm for meditation with Hemi-Sync tracks. The Monroe Institute has become a way of life for them and now they have started the process of getting the Gateway program to India. Nikate will be at TMI in October to attend his first session as a Residential Trainee.



